



Your friend is extremely lucky to be alive. Fortunately you were carrying a knife and were able to respond effectively to the situation. In most cases life-threatening pulmonary edema presents within three hours of the drowning event. Listen closely to the quality of his respirations to see if you can determine if his difficulty breathing is a result of your chest compressions or from an accumulation of water in his lungs (pulmonary edema). In either case, you should begin hiking along the animal trail to the take-out and from there go immediately to the nearest hospital as quickly as possible. If he develops pulmonary edema, he may not survive.

Ankle (or knee) leashes should NOT be worn on rapidly moving rivers. Stand up paddlers who choose to wear a leash, should wear a releasable leash that clips to the side of their lifejacket. They should practice releasing the board before relying on the release in moving current or whitewater.

Unfortunately, strainers are all too common on fast moving streams and all paddlers should be familiar with, and practice, avoidance methods.